

CLAIM

I claim:

1. The present invention comprising of the following two sole layers:
 - (a) an heavy solid wood layer about three-fourth ($3/4$) inch thick and
 - (b) a solid rubber layer about one-half ($1/2$) inch thick secured with fasteners through the built in insoles and cemented with adhesive glue to the outer bottom soles of specified purchased shoes will help provide an effective therapeutic pain free and economical solution to many walking problems.
2. Said present invention of claim 1, is cemented to wherein said specified purchased shoes comprising of:
 - (a) removable insoles or have enough room to slip in sheep skin rubber backed insoles,
 - (b) perfectly flat built in insoles having no arches, no wedged heels and no heels,
 - (c) perfectly flat outer soles having no arches, no wedged heels and no heels of any kind, and
 - (d) preferably tie skateboard shoes, flat stiff soled sturdy shoes or flat sturdy shoes: certain select tennis shoes are permissible but not advisable.
3. Said present invention of claim 1, wherein said will help provide therapeutic pain free solutions for: (a) hammer toes, (b) unnecessary twisting foot movements, (c) short hamstring muscles, (d) toe walking, (e) scissors gait, (f) poor walking posture,

(g) skeletal realignment, (h) weak leg muscles, (i) weak abdominal muscles, (j) abdominal breathing control, and (k) surprisingly weight gain.

4. Since said present invention of claim 1, wherein said comprise of stiff heavy solid wood soles and are being used primarily for in door therapeutic purposes, using a wheeled walker to obtain correct posture, balance and walking gait is crucial with maintenance exercises required.

5. Said present invention of claim 1, wherein said comprising of simple inexpensive construction is extremely economical compared to full length leg braces or surgery.